





































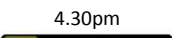






















































Monday 26/2 6am-9pm	Tuesday 27/2 6am-9pm	Wednesday 28/2 6am-9pm	Thursday 1/3 6am-9pm	Friday 2/3 6am-7.30pm	Saturday 3/3 8am-6.00pm	Sunday 4/3 8am-6.00pm
 <p>6.10am SPIN Trish</p>	<p>6.10am  BODYCOMBAT Trish</p>	<p>6.10am  BODYPUMP Lisa</p> <p> 6.10am BOXING Hannah</p>	 <p>6.10am SPIN Lisa</p>	<p>6.10am  BODYPUMP Emma Jean</p>	 <p>8.10am SPIN Michelle C</p>	<p>8.10am  BODYCOMBAT Michelle C</p>
<p>6.15am Deep Water Aqua Danielle</p>	<p>7.10am  CXWORX Danielle</p>	<p>6.15am Deep Water Aqua Peter</p>	 <p>7.10am MAT PILATES Daniela</p>	<p>6.15am Deep Water Aqua Hannah</p>	<p>9.10am  CXWORX Nadine</p>	 <p>9.10am SPIN Trish</p>
 <p>7.10am MAT PILATES Daniela</p>	<p>8.30am Shallow Water Aqua Danielle</p>	 <p>7.10am SPEED SPIN (30) Peter</p>	<p>8.30am Shallow Water Aqua Peter</p>	<p>7.10am  BODYBALANCE Hannah</p>	<p>8.45am Deep Water Aqua Hannah</p>	<p>10.10am  BODYPUMP Nadine</p>
 <p>8.15am SENIOR CIRCUIT Peter</p>	<p>9.30am NA due to Swimming Carnival</p>	 <p>8.15am SENIOR CIRCUIT Peter</p>	<p>9.30am Deep Water Aqua Hannah</p>	<p>8.15am  ZUMBA gold Nadia</p>	<p>9.45am  BODYSTEP Hannah</p>	<p>11.15am  BODYATTACK Prue</p>
<p>9.30am  BODYPUMP Danielle</p>	<p>9.30am  RPM Yvette</p>	<p>9.30am  BODYPUMP Nadine</p>	<p>9.30am  GRIT STRENGTH Danielle</p>	<p>9.30am  BODYATTACK Nadia</p>	 <p>11.00am MAT PILATES Daniela</p>	<p>4.00pm  BODYBALANCE Hannah</p>
<p>9.30am Deep Water Aqua Hannah</p>	<p>10.35am  BODYBALANCE Hannah</p>	<p>9.30am Deep Water Aqua Hannah</p>	<p>10.05am  CXWORX Peter</p>	<p>9.30am Deep Water Aqua Danielle</p>	 <p>12.00pm BOXING Nadine</p>	
<p>12.15pm  GRIT STRENGTH Nadia</p>	<p>12.15pm  CXWORX Nadia</p>	 <p>10.35am YOGA Ali</p>	 <p>12.15pm MAT PILATES Daniela</p>	<p>10.35am  RPM Nadine</p>	<p>4.00pm  BODYPUMP Nadine</p>	
 <p>12.45pm SPEED SPIN (30) Michelle G</p>	<p>4.30pm  BODYCOMBAT Tanya</p>	 <p>12.45pm BOXING Michelle G</p>	<p>4.30pm  RPM Kelliann</p>	<p>12.15pm  BODYPUMP Danielle</p>	 <p>Doone Kennedy <b>HOBART AQUATIC CENTRE</b></p> <p> <b>GROUP FITNESS TIMETABLE</b> WEEK ENDING 4<sup>th</sup> March 2018 <a href="https://www.facebook.com/the.hobart.aquatic.centre">@the.hobart.aquatic.centre</a></p>	
<p>4.30pm  BODYSTEP Lisa</p>		<p>4.30pm  BODYPUMP Tanya</p>	<p>5.20pm  CXWORX Rachel</p>			
<p>5.35pm  BODYPUMP Tanya</p>		<p>5.35pm  BODYATTACK Prue</p>	<p>5.35pm  GRIT PLYO Danielle</p>			<p>5.55pm  BODYSTEP Trish</p>
 <p>6:40pm YOGA Ali</p>	<p>6.15pm Deep Water Aqua Hannah</p> <p>6.40pm  BODYPUMP Tanya</p>	 <p>6.10pm MAT PILATES Daniela</p> <p>6.15pm Shallow Water Aqua Danielle</p>	<p>6.15pm Deep Water Aqua Tanya</p>			

CLASS NAME	DURATION	CLASS DESCRIPTION			
		CXWORX® is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body. CXWORX® will leave you looking good and feeling strong.			
					GRIT™ is a 30 minute high intensity interval training workout that takes you in to overdrive to go hard, push harder and get you fitter, super fast. The short sharp demanding exercises combine weightlifting, running and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.
		BODYSTEP® is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. Your legs will love it... eventually.			
				RPM™ is a 45 minute indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.	
				BODYATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Go from the weekend athlete to the hardcore competitor.	
				BODYPUMP® is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for - and fast!	
				BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.	
		BODYCOMBAT* is the energising workout that will get you punching and kicking your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. It will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.			
		The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.			
SPIN		Stationary Indoor cycling work-out designed to increase cardiovascular fitness and endurance, burn fat and tone the legs and butt.			
SPEED SPIN 30		Stationery Indoor Cycling with a high intensity, interval focus.			
MAT PILATES		Pilates will enhance postural alignment, coordination, strength and flexibility. Bookings are required for shaded classes.			
YOGA		Lengthen, strengthen, and rejuvenate your body, mind, and spirit with a combination of traditional Hatha, Vinyasa, and Yin Yoga. You will walk away feeling restored and released. Suitable for beginners through to advanced.			
SENIOR CIRCUIT		A class designed for older adults. Mixing some easy-going aerobic style exercises with functional training to keep you fit and strong and improve bone density.			
*Red Flags		We are now operating a system whereby classes with low attendance will be highlighted by a red flag on the roster. This flag is designed to generate new support for the class and to boost attendances, giving members the opportunity to keep the classes they truly enjoy. Where attendances remain under 30% of capacity for a 6 week period, classes may be removed, or formats changed. We welcome suggestions for changes or new formats for the replacement classes. Feedback can be delivered in person to the gym staff or by email to <a href="mailto:dkhac@hobartcity.com.au">dkhac@hobartcity.com.au</a>			
CLASS NAME	DURATION	CLASS DESCRIPTION			
DEEP WATER AQUA		Wear a flotation belt and work as hard as you can. Includes use of noodles and aqua dumbbells for a variety of exercises. Suitable for athletes, general population and rehabilitation. No impact.			
SHALLOW WATER AQUA		A shallow water class conducted in our 25m pool which ranges from 1m – 1.4m deep. Includes use of noodles and aqua dumbbells for a variety of exercises. Suitable for all ages and fitness levels. Light impact is involved in this class.			